

**ABSTRACT OF THE DISCLOSURE**

An improved easy open closure for a container that is particularly adapted for use by the disabled includes a plunger member having a passage defined therein that is constructed and arranged to be depressed with respect to a main body portion of the closure in order to breach a seal in order to place the passage in communication with the contents of the container. Structure may be provided for preventing access to or movement of the plunger member until opening of the closure is desired. A method of using an easy open closure is also disclosed.